

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 14044, Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan

Report Date: December 03, 2015 20:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	88.33	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Energy	kcal	58	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Energy	kJ	243	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Protein	g	6.59	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Total lipid (fat)	g	2.88	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Ash	g	0.61	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Carbohydrate, by difference	g	0.85	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Sugars, total	g	0.60	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Minerals													
Calcium, Ca	mg	130	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Iron, Fe	mg	0.96	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Magnesium, Mg	mg	44	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Phosphorus, P	mg	136	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Potassium, K	mg	179	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Sodium, Na	mg	72	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.85	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Copper, Cu	mg	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Selenium, Se	µg	4.5	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Vitamins													
Vitamin C, total ascorbic acid	mg	19.4	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Thiamin	mg	0.170	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Riboflavin	mg	0.190	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Niacin	mg	2.390	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Pantothenic acid	mg	1.195	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.208	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Folate, total	µg	39	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Folic acid	µg	41	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Folate, DFE	µg	69	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Vitamin B-12	µg	0.60	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Vitamin A, RAE	µg	171	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Retinol	µg	171	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	565	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Vitamin E (alpha-tocopherol)	mg	4.58	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2014
Vitamin E, added	mg	4.58	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2014
Vitamin D (D2 + D3)	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
Vitamin D3 (cholecalciferol)	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
Vitamin D	IU	45	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2013
Vitamin K (phylloquinone)	µg	6.5	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Lipids													
Fatty acids, total saturated	g	0.450	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
4:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
6:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
8:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
12:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
14:0	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
16:0	g	0.289	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:0	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
20:0	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
22:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2013
Fatty acids, total monounsaturated	g	2.100	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2013
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
16:1 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:1 undifferentiated	g	1.692	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:1	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.290	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
18:2 undifferentiated	g	0.518	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:3 undifferentiated	g	0.249	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2013
Cholesterol	mg	4	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	05/2013
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2013

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